Bipolar Disorder

Bipolar Disorder is a mental illness that can cause a person to experience periods of extreme mood swings, including mania and depression. People with Bipolar Disorder may have difficulty functioning at work or school, relationships, or personal hygiene.

Symptoms:

- Feel extremely happy or irritable
- Feel extremely sad or hopeless
- Feel extremely tired or fatigued
- Have trouble concentrating
- Have trouble sleeping
- Feel extremely agitated
- Have trouble making decisions
- Feel extremely anxious
- Feel extremely withdrawn
- Feel extremely angry or aggressive
- Feel extremely worried
- Feel extremely sad

Causes:

- Genetics
- Trauma
- Brain injury
- Chemical imbalances

Treatment:

- Medication
- Psychotherapy
- Lifestyle changes

Prevention:

- Get regular exercise
- Eat a healthy diet
- Get enough sleep
- Avoid drugs and alcohol

Resources:

- National Institute of Mental Health
- American Psychiatric Association
- Anxiety and Depression Association of America

References:

Cognitive Behavioural Therapy (CBT) 
Interpersonal Therapy (IPT)
Getting Professional Mental Health Help

Embrace Multicultural Mental Health's CALD Mental Health (Carer Consumer Support/Bipolar Disorder)


Reachout.com – What is Bipolar Disorder? https://au.reachout.com/articles/what-is-bipolar-disorder?gclid=CjwKCAiAxp-ABhALEiwAXm6yYW1yYfHyDqg3PzDgmPTK_EDtU20muAC78qPgUeZxoCeVMQAvD_BwE